

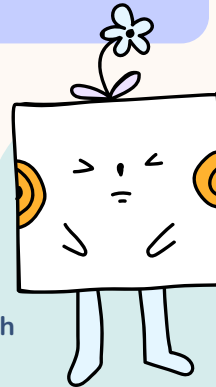
WHY DOES IT MATTER?

Stopping a child from stimming is decreasing their body autonomy. Encouraging a child to mask their symptom encourages the belief that there is something wrong with them or their actions.

Feeling “different” and “wrong” when compared to many of their peers can lead to poor self-esteem, insecurity, or issues with self-identity, especially in adolescence and early adulthood.



Where can I get more resources?



- ★ National Institute for Health
- ★ Center for Disease Control
- ★ Local ABA or OT clinics

What can I do?



- ★ Continue to educate yourself
- ★ Support your child in their interventions and therapy.
- ★ Ask for help and resources when needed! You can not pour from an empty cup.

What you need to know about:

AUTISM AND STIMMING



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ABOUT AUTISM

Autism (ASD) is a neurological disorder that impacts a child's everyday activities and routines. ASD impacts communication, social interactions, styles of learning, and behaviors.

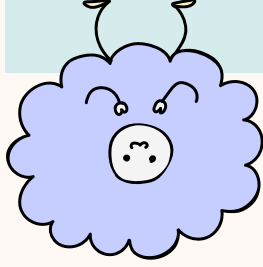
ASD is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. People of all genders, races, ethnicities, and economic backgrounds can be diagnosed with ASD.

ASD can be diagnosed as early as 18-24 months. Early diagnosis and screening is important to allow for early access to evidence based interventions to better support symptoms and quality of life.

WHAT IS STIMMING

Stimming is another term for 'self stimulatory behavior'. There is a range of stimulatory behaviors such as visual, physical, or verbal.

START HERE



REALITY NO. 3

Most stimming actions do not hurt the child. Although, there are times in which these actions are self injurious and should be monitored and attempt redirection.

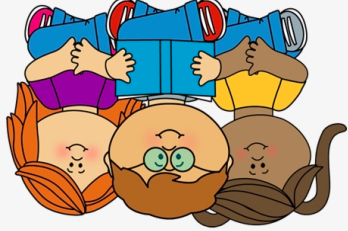


There is only one world and all people without exception are part of it



MYTH NO. 1
You should stop a child with ASD from stimming.

Each person with autism faces different challenges.



MYTH NO. 3

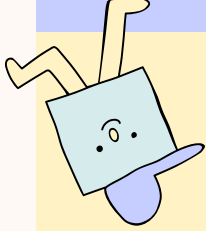
Stimming hurts the child.

REALITY NO. 1

Stimming promotes self regulation in children with ASD. There have been studies that have shown stopping stimming can be impossible or hurt the child. If the child self harms as a stim, you can work to redirect to an alternative stim.

MYTH NO. 2

Stimming is for attention or the child is the action intentionally.



REALITY NO. 2

Stimming is often a sign a child is overwhelmed or in need of a coping mechanism. Stopping this action may not be possible.